

# Family and Consumer Sciences

## STEAM CLOTHING LEVEL 1

[Table of Contents](#)

Rev. 09-20

Projects & Materials	Requirements	Exhibit Requirements
<p><b>Skill Level: Ages 8-10</b></p> <p><b>Youth Materials:</b></p> <ul style="list-style-type: none"> <li>• <i>STEAM Clothing 1 Fundamentals</i> (#UN-L 4H2210) 📖 2014</li> <li>• <i>STEAM Clothing: Maker's Guide</i> (#UN-L 4H2240) 📖 2015</li> <li>• <i>ZSuites 4-H Involvement Report</i></li> <li>• <i>ZSuites 4-H Project Record Book</i></li> <li>• <i>Fundamentals Skills Checklist</i> 📖 2015</li> </ul> <p><b>Volunteer Materials:</b></p> <ul style="list-style-type: none"> <li>• <i>STEAM Clothing 1 Fundamentals</i> 📖 2014</li> <li>• <i>STEAM Clothing Maker's Guide</i> (UN-L 4H2240) 📖 2015</li> </ul>	<p>Using the STEAM Clothing 1 Fundamentals manual:</p> <ul style="list-style-type: none"> <li>• Complete at least 7 activities from the project manual and record in the ZSuites 4-H Project Record Book activity log.</li> <li>• Complete at least 10 skills each year from the Fundamentals Skills Checklist</li> <li>• Have project helper date and sign each skill from the skills checklist</li> <li>• Give an oral presentation (speech, demonstration or illustrated talk) on a topic related to this project.</li> </ul> <p>Complete the following:</p> <ul style="list-style-type: none"> <li>• <i>ZSuites 4-H Involvement Report</i></li> <li>• <i>ZSuites 4-H Project Record Book</i></li> <li>• <i>Fundamentals Skills Checklist</i></li> </ul>	<ul style="list-style-type: none"> <li>• ZSuites 4-H Project Record Book</li> <li>• ZSuites 4-H Involvement Report</li> <li>• Fundamentals Skills Checklist</li> <li>• STEAM Clothing 1 Fundamentals Manual (or photocopies of activities completed from the manual)</li> <li>• Display one item that includes at least three new sewing skills learned in each year of taking this project</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>• A display or a poster (14" x 22") illustrating something learned in this project year</li> </ul> <p>The following are examples of items you could make and exhibit for this project:</p> <ul style="list-style-type: none"> <li>• 1<sup>st</sup> Year – pants, pajama pants, shorts or skirt</li> <li>• 2<sup>nd</sup> Year – shirt, top, t-shirt</li> <li>• 3<sup>rd</sup> Year – top and pants or skirt, jumper with shirt/top or dress</li> <li>• Non-clothing options: 2 pillowcases, drawstring bag, grocery tote, table cloth with 4 napkins, nine patch pillow, sports bag, curtain with casing heading, pieced pillow, decorative accessories.</li> </ul> <p><b>Note:</b> Avoid fabrics that require more advanced knowledge or techniques</p>
<p><b>County Requirements:</b> Check with your County Extension Office for details.</p>		
<p><b>Support Materials:</b> Idaho 4-H STEAM Clothing Fundamentals page (and to download the <i>Fundamental Skills Checklist</i>): <a href="https://www.uidaho.edu/extension/4h/projects/steam-clothing-fundamentals">https://www.uidaho.edu/extension/4h/projects/steam-clothing-fundamentals</a> To purchase the STEAM curriculum from University of Nebraska-Lincoln visit: <a href="http://marketplace.unl.edu/ne4h/curriculum/fcs">http://marketplace.unl.edu/ne4h/curriculum/fcs</a></p>		